



Discover your raleigh parks and recreation Department

Senior Club - 55+ Club

Ages 55yrs and up

The 55+ Club is part of the Golden Years Association. Golden Years Clubs are composed of persons 55 and over. Anyone meeting the age requirements may join. This club meets weekly on Wednesday mornings at 10am. Club activities include card games, speakers, trips, luncheons, and fellowship. Contact 872-4156 for more information.

Seniorcise

Ages 55yrs and up

Low impact exercises for older adults. Strengthen your muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility, and strength through stretching, light weights, and aerobic activity. There are different instructors for each location.

Class Fee: \$15

#118034	Jan 3-26	Tu, Th	10:15 am -11:00 am
#118035	Feb 2-Mar 6	Tu, Th	10:15 am -11:00 am
#118036	Mar 1-27	Tu, Th	10:15 am -11:00 am
#118037	Apr 3-26	Tu, Th	10:15 am -11:00 am

Shuffleboard - Open Play

Practice and play Shuffleboard with others! Equipment will be provided for use in the center. This program is free and open to the public. No instruction provided. Registration is required. Call 872-4156 for additional information.

FREE

#119588	Jan 3-Apr 26	Tu, Th	10:30 am -12:30 pm
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Bingo

Ages 55yrs and up

Come and enjoy making friends and sharing lots of laughs while playing Bingo! This is not your typical Bingo.....we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cent per card.

FREE

#118038	Jan 6-27	F	10:15 am -12:45 pm
#118039	Feb 3-24	F	10:15 am -12:45 pm
#118040	Mar 2-3	F	10:15 am -12:45 pm
#118041	Apr 6-27	F	10:15 am -12:45 pm

Card Night for Adults

Ages 55yrs and up

Want a place to play cards? Come out to Millbrook Exchange Community Center to play a hand of cards and socialize with friends. Play begins at 6:30pm.

FREE

#118059	Jan 6-Apr 27	F	6:30 pm - 8:30 pm
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